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Society guideline links: Nutrition and supplements in pregnancy

Introduction

This topic includes links to society and government-sponsored guidelines from selected countries and regions around the world. We will update these links periodically; newer versions of some guidelines may be available on each society's website. Some societies may require users to log in to access their guidelines.

The recommendations in the following guidelines may vary from those that appear in UpToDate topic reviews. Readers who are looking for UpToDate topic reviews should use the UpToDate search box to find the relevant content.

Links to related guidelines are provided separately. (See ["Society guideline links: Vitamin deficiencies"](#) and ["Society guideline links: Vitamin D deficiency"](#) and ["Society guideline links: General prenatal care"](#) and ["Society guideline links: Pregnancy in women with obesity"](#).)

Links to guidelines related to coronavirus disease 2019 (COVID-19) are also provided separately. (See ["Society guideline links: COVID-19 – Obstetric and neonatal health care"](#) and ["Society guideline links: COVID-19 – Index of guideline topics"](#).)

International

- [World Health Organization \(WHO\): Nutritional interventions update – Multiple micronutrient supplements during pregnancy, update \(2020\)](#)
 - [WHO: Nutritional interventions – Vitamin D supplements during pregnancy, update \(2020\)](#)
 - [WHO: Recommendation on calcium supplementation during pregnancy for prevention of pre-eclampsia and its complications \(2018\)](#)

- [WHO: Guideline on the use of multiple micronutrient powders for point-of-use fortification of foods consumed by pregnant women](#) (2016)
- [International Federation of Gynecology and Obstetrics \(FIGO\): Recommendations on adolescent, preconception, and maternal nutrition – "Think nutrition first"](#) (2015)
- [WHO: Essential nutrition actions – Improving maternal, newborn, infant, and young child health and nutrition](#) (2013)

Canada

- [Society of Obstetricians and Gynaecologists of Canada \(SOGC\): Clinical practice guideline for Canadian consensus on female nutrition – Adolescence, reproduction, menopause, and beyond](#) (2016)
- [SOGC: Clinical practice guideline on pre-conception folic acid and multivitamin supplementation for the primary and secondary prevention of neural tube defects and other folic acid-sensitive congenital anomalies](#) (2015)

United States

- [American College of Obstetricians and Gynecologists \(ACOG\): Committee opinion on vitamin D – Screening and supplementation during pregnancy](#) (2011, reaffirmed 2017)
- [US Preventive Services Task Force \(USPSTF\): Final recommendation statement on folic acid for the prevention of neural tube defects – Preventive medication](#) (2017)
- [American College of Medical Genetics \(ACMG\): Practice guidelines policy statement on folic acid and neural tube defects](#) (2011)

United Kingdom

- [National Institute for Health and Care Excellence \(NICE\): Quality standard on maternal and child nutrition](#) (2015)
- [NICE: Public health guideline on maternal and child nutrition](#) (2008, updated 2014)

Australia-New Zealand

- [Department of Health, Government of South Australia \(SA Health\): South Australian perinatal practice guideline – Vitamin D status in pregnancy](#) (2019)
- [Royal Australian and New Zealand College of Obstetricians and Gynaecologists \(RANZCOG\): Vitamin and mineral supplementation and pregnancy](#) (2019)
- [SA Health: South Australian perinatal practice guideline – Vitamin and mineral supplementation in pregnancy](#) (2015)
- [Australian and New Zealand Bone and Mineral Society \(ANZBMS\): Vitamin D and health in pregnancy, infants, children, and adolescents in Australia and New Zealand – A position statement](#) (2013)

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